

ABSTRACT OF THE DISCLOSURE

5 An optical disk includes at least one region along a radial direction, and a plurality of tracks provided in the at least one region. The at least one region contains address regions radially positioned on the plurality of tracks. In the address regions, data which is common between two adjacent tracks of the plurality of tracks is recorded at positions aligned 10 along the same radial direction on the two adjacent tracks, and data which is not common between the two adjacent tracks is recorded at positions along different radial directions on the two adjacent tracks.